**Country Report Installment 2: Malaria and COPD in Mozambique**

Crystal Bradley

UTA

Dr. Erin Carlson

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**The state of Chronic Obstructive Pulmonary Disease in Mozambique**

Chronic obstructive pulmonary disease (COPD) is one of the most prevalent non-communicable diseases impacting Mozambique's health trends due to the relatively unsafe nature of the air in Mozambique. COPD's primary risk and causative factor are smoking. Active and passive smokers are predisposed to the disease. Age is a major contributor to the occurrence of the disease in Mozambique; mortality and morbidity increase with age. In Mozambique, the true prevalence of COPD may be under-reported due to impaired diagnostic processes of COPD.

A majority of the people suffering from COPD in Mozambique are male Africans above the age of forty years. They are mostly miners and factory workers in textiles and cement production and middle to low-income earners. The majority of the COPD cases are located in Maputo, the capital and major industrial town, where the air pollution is estimated to be the highest (Mehrotra et al., 2009). The morbidity and mortality rate for COPD in Mozambique is generally unknown, but the mortality rate associated with infectious diseases generally is at 28.9%. According to Adeloye et al. (2015), up to 7,000 people are likely to suffer from COPD each year in Maputo only, with an estimated 10,000 countrywide.

Some of the long-term disabilities that COPD may cause in patients include reduced ability and capacity for work and hard labor and multiple health problems related to the respiratory and cardiovascular systems. The risk factors for COPD in Mozambique are majorly environmental than genetic. Exposure to high rates of air pollution and smoking are the major risk factors in Mozambique. Therefore, the prevention of COPD in Mozambique is majorly targeted by managing air pollution, campaigns against smoking, and promoting healthy dietary choices. The disease is treated through pharmacological interventions. Patients are encouraged to carry their inhalers and antibiotic and steroid medications on their person at all times in case of emergency congestive attacks.

**Malaria in Mozambique**

Malaria is a communicable disease of concern in the African continent and a major public health concern in Mozambique. Moreover, Mozambique is one of the countries with the highest prevalence of Malaria globally, with a prevalence of up to 50% depending on the area of the country.

Malaria in Mozambique is endemic, and all people are at risk of suffering from it. Mothers and young children, and infants are at the most risk of suffering from the disease. Physiological health status and geographical location are major risk factors of the disease. All women of reproductive age and children under the age of five are the most affected by Malaria in Mozambique (Mozambican Alliance Towards Elimination of Malaria, 2021). Low-income families are more predisposed due to the type of their shelter and access to preventative measures. A majority of the people affected by Malaria in Mozambique are African.

Areas in the central and northern provinces of Mozambique are the most prone to suffering from Malaria due to the climate (Ejigu, 2020). In 2019, the mortality of children under five years from Malaria was at 19% of the population, with 9,442 children dying from Malaria annually. The number of reported cases is approximated at nine million annually on average, accounting for up to 80% morbidity. In children under five years, long-term brain impairment is likely to occur due to cerebral Malaria. However, if Malaria is treated, there are no long-term effects of contracting the disease.

The primary risk factors for Malaria are geographic and environmental. According to Ejigu (2020), genetics is also a contributing risk factor to one contracting Malaria. In Mozambique, geographical risk factors are the most instrumental. Malaria in Mozambique is prevented by disseminating anti-malaria drugs, mass indoor spraying to reduce mosquito breeding areas, and community engagement and dissemination of free mosquito nets. Treatment of Malaria is done through medications, which are offered affordably or for free across the country.

**References**

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